

JOIN HART LAZER FOR
yoga & meditation
FOR STRESS & TRAUMA

workshop one

NOVEMBER 5-7, 2010 (at Queen Street Yoga, Kitchener)

We all have an individualized code for holding tension and stress. Establish a skillful understanding of your own body's code and its messages regarding stress and trauma; develop strengths and tools through yoga and meditation in order to build your capacity and be present with these experiences.

workshop two

FEBRUARY 11-13, 2011 (at Temple Studios, Guelph)

Explore the inner dialogue between our woundedness and its connections to our daily thought processes, our chronic body pain and tension which often masks depression. Through asana and meditation discover how feelings such as guilt, betrayal and lack of self acceptance are held in your body mind complex. Develop skills to look at and step out of these deeply held body patterns and beliefs. Pre-requisite, 1st workshop or equivalent.

cost

Early bird rate valid through October 15, 2010. Price doesn't include tax.

SINGLE WORKSHOPS

Early bird \$295

Late registration \$350

BOTH WORKSHOPS

Early bird \$575

Late registration \$625

about hart lazer

Hart Lazer has been teaching yoga for over 25 years, and received the depths of his training principally from Iyengar Yoga teacher Ramanand Patel. In the past decade Hart has broadened his practice to include Ashtanga Yoga, Buddhist study and meditation. The integration of these practices, his knowledge of Iyengar Yoga alignment, and his background in social work is fully felt and reflected in his practice and his teaching. He intelligently uses a variety of practices to help people uncover and explore their conditioning and deepen their practice.

kristin
honey

Yoga

queen
street
yoga

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